

Crisco
OIL

SALAD LOVER'S COOKBOOK



Exciting salad and salad dressing recipes
from Crisco Oil and the *Culinary Arts Institute*

Can your oil pass the Crisco Oil salad test?



**Crisco Oil salads
taste great... 'cause
there's no heavy
oily taste.**

*Remember,
Crisco Oil has
no cholesterol.*



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For easy selection, recipes are in alphabetical order and grouped



Crisco Oil Salad Pointers

- **Have all salad ingredients**, bowls, and plates thoroughly chilled. With the exception of a very few hot salads, coldness is essential to the appeal of all salads.
- **All fruits and vegetables** should be washed before using.
- **Trim and rinse greens** under cold running water, handling them carefully to avoid bruising. Shake off the excess moisture and then gently pat dry before putting them into a plastic bag or the vegetable drawer in your refrigerator. Wet greens not only make watery salads; they present a surface to which an oil dressing cannot cling.
- **Allow ample time for chilling.** Fine restaurants chill greens and other ingredients 24 hours before serving the salad.
- **Greens should always be broken or torn**, never cut except in the case of head lettuce which is to be served in wedges or quarters.
- **Tomatoes may be peeled or not**, as your family prefers, for use in salads. Unpeeled tomato shells or tomato cups are sturdier and keep their shape better; peeled ones are easier to cut with a salad fork. To peel tomatoes more easily, dip briefly into boiling water to loosen skins.
- **Tomatoes cut in wedges or chunks** are delicious additions to many tossed salads, but their juice tends to make the dressing watery unless they are added at the last moment before serving.
- **Fruits that tend to discolor** after peeling or paring (such as avocados, bananas, apples, fresh peaches, and pears) should be brushed with pineapple or citrus fruit juice, unless they are to be tossed immediately with an acid fruit or salad dressing.
- **The final assembling of ingredients** for a salad of fresh fruits, vegetables, or greens should be done just before serving.
- **Avoid unnecessary handling** of salad materials. Salads should always have that fresh-from-the-refrigerator look which is so appealing to the eye and tempting to the taste. Arrange the fruits or vegetables on the salad plate if the salad requires it, but don't destroy that carefree look by rearranging them.

• VEGETABLE SALADS •

Shades o'Green Salad

3 cups spinach (about)

4 stalks Pascal celery

½ green pepper

1 cucumber

½ head lettuce

**2 tablespoons chopped
chives**

**⅓ cup French Dressing
(see page 21)**

6 stuffed green olives

1 small avocado

Chill 6 individual salad bowls in refrigerator. Remove and discard tough stems, roots, and bruised leaves from the spinach. Wash, drain, and pat dry. Use part of the spinach to line the salad bowls. Set the remainder aside.

Cut into pieces or slices the celery, green pepper, and cucumber. Rinse, drain, and pat dry the lettuce. Tear lettuce and reserved spinach into pieces. Toss vegetables with lettuce, spinach, and chopped chives. Add French Dressing. Toss lightly to coat greens evenly.

Arrange individual portions of salad in bowls. Slice green olives. Rinse, peel, cut into halves lengthwise, remove pit, and slice the avocado. Garnish salad with avocado and olive slices.

Note: For a main-dish salad, add **1 pound fresh shrimp**. Lightly toss shrimp with salad greens.

6 servings



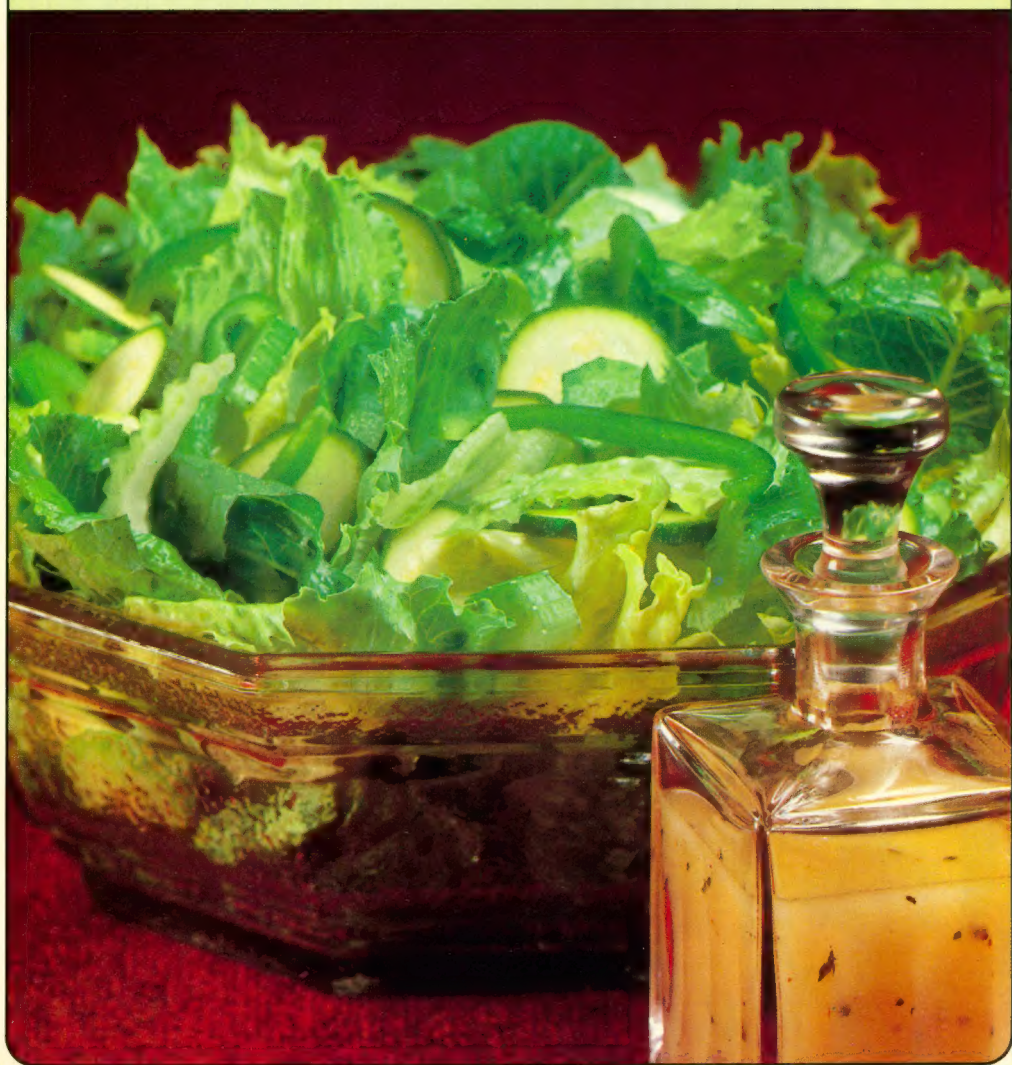
Hefty Vegetable Salad

1 head romaine
1 head iceberg lettuce
1 zucchini, sliced

4 stalks celery, sliced
 $\frac{1}{2}$ green pepper, sliced

Tear romaine and iceberg lettuce into bite-size pieces. Toss with zucchini, celery, and green pepper. Pour over **Italian Dressing** (see opposite page) until evenly coated.

6 servings



Italian Dressing

1 cup Crisco Oil	$\frac{1}{2}$ teaspoon dry mustard
$\frac{1}{3}$ cup vinegar	$\frac{1}{2}$ teaspoon oregano
2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon basil
1 teaspoon garlic salt	Freshly ground black pepper
1 teaspoon sugar	

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

About $1\frac{1}{2}$ cups

Fresh Spinach Salad

1 pound fresh spinach	1 hard-cooked egg, diced
$\frac{1}{4}$ pound bacon, fried crisp and crumbled	1 small red Italian onion, separated into rings

Wash and pat dry spinach. Add bacon, diced egg, and Italian onion. Pour **Red Wine Vinegar Dressing** (see below) over all and toss lightly to coat evenly.

4 to 6 servings

Red Wine Vinegar Dressing

$\frac{1}{2}$ cup Crisco Oil	Freshly ground black pepper
$\frac{1}{4}$ cup red wine vinegar	$\frac{1}{8}$ teaspoon oregano
1 teaspoon salt	

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

$\frac{3}{4}$ cup

Avocado-Mushroom Salad

1 head Boston lettuce
1 avocado, peeled and sliced
½ pound mushrooms, sliced

Arrange lettuce, avocado slices, and mushroom slices in a serving bowl. Toss lightly with **White Wine Dressing** (see below). Serve at once.

4 servings

White Wine Dressing

½ cup Crisco Oil	1 teaspoon sugar
¼ cup dry white wine	¼ teaspoon salt
2 tablespoons vinegar	¼ teaspoon basil

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

About $\frac{2}{3}$ cup

Deluxe Kidney Bean Salad (opposite page)

1 can (16 ounces) kidney beans, drained and rinsed	½ cup golden raisins
1 can or jar (4 or 4½ ounces) sliced mushrooms, drained	Tarragon French Dressing (see page 25)
¾ cup thinly sliced celery (cut diagonally)	Flaked or shredded coconut

Combine beans, mushrooms, celery, and raisins in a large bowl, tossing lightly. Pour over Tarragon French Dressing and toss lightly until well mixed. Chill in refrigerator. Sprinkle coconut over salad before serving.

4 to 6 servings





Sweet and Tart Salad

3 cups shredded cabbage
1½ cups chopped apple
½ cup Celery Seed Dressing
(see opposite page)

Toss together cabbage and apple. Pour on dressing and toss lightly to coat evenly.

Note: If desired, substitute Celery Seed-Onion Dressing or Shaker Salad Dressing (see opposite page) for Celery Seed Dressing.

6 servings

Celery Seed Dressing

$\frac{1}{2}$ cup sugar	1 teaspoon grated onion
1 teaspoon dry mustard	1 cup Crisco Oil
1 teaspoon salt	1 tablespoon celery seed
$4\frac{1}{2}$ tablespoons cider vinegar	

Mix sugar, mustard, and salt. Blend in 2 tablespoons of the cider vinegar and the grated onion. Gradually beat in Crisco Oil. Beat until thick and light. Slowly beat in the remaining cider vinegar. Stir in celery seed. Pour into a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

About $1\frac{2}{3}$ cups

Celery Seed-Onion Dressing

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup grated onion
1 tablespoon celery seed	$\frac{1}{3}$ cup vinegar
1 teaspoon salt	1 cup Crisco Oil
1 teaspoon dry mustard	

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

$1\frac{1}{2}$ cups

Shaker Salad Dressing

$\frac{2}{3}$ cup sweetened condensed milk	1 teaspoon prepared mustard
$\frac{1}{4}$ cup Crisco Oil	$\frac{1}{2}$ teaspoon salt
3 tablespoons lemon juice or cider vinegar	Few grains cayenne pepper
1 tablespoon minced parsley	

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

About 1 cup

Layered Vegetable Salad

1 head lettuce, torn in bite-size pieces
½ cup chopped onion
½ cup chopped celery
1 can (5 ounces) water chestnuts, drained and sliced
1 package (10 ounces) frozen green peas

1½ cups Mayonnaise (see below)
1 tablespoon sugar
2 large tomatoes, sliced
4 hard-cooked eggs, sliced
6 slices bacon, cooked and quartered
Grated American cheese food

In a large glass salad bowl, make an even layer of the lettuce. Mix onion and celery and sprinkle over. Sprinkle water chestnuts, then unthawed peas, over. Spread Mayonnaise evenly over top and sprinkle with sugar. Refrigerate overnight. The next day, layer remaining ingredients over Mayonnaise. To serve, layer onto salad plates.

12 servings

Mayonnaise

1 cup Crisco Oil
2 egg yolks
1 tablespoon cider vinegar
½ teaspoon salt
¼ teaspoon sugar

⅛ teaspoon white pepper
Few grains cayenne pepper
½ teaspoon dry mustard
1 tablespoon lemon juice

Put into a blender container ¼ cup of the oil, egg yolks, vinegar, salt, sugar, peppers, and dry mustard. Cover and blend thoroughly. Continue blending while pouring very slowly into the center of the ingredients the remaining oil and lemon juice. Store covered in screw-top jar in refrigerator.

About 1½ cups



• FRUIT SALADS •



Overnight Fruit Salad

4 medium-size oranges

24 marshmallows

(6 ounces)

1 can (17 ounces) pitted

light sweet cherries

(about 1-1 $\frac{1}{4}$ cups,

drained)

$\frac{1}{2}$ cup maraschino

cherries

1 can (20 ounces) pine-

apple chunks (about

2 cups, drained)

With a sharp knife, cut away peel and white membrane from oranges. Remove sections by cutting on either side of the dividing membranes. Remove, section by section, over a bowl to collect juice. Discard seeds, if any.

Combine orange sections with marshmallows, sweet cherries, maraschino cherries, and pineapple chunks. Serve with **Fruit Salad Dressing** (see below) or **Poppy Seed Fruit Salad Dressing** (see page 18). Spoon the dressing over the fruit mixture and toss lightly. Cover. Chill in refrigerator overnight.

6 to 8 servings

Fruit Salad Dressing

2 tablespoons sugar

$\frac{1}{4}$ teaspoon paprika

3 tablespoons lemon

juice

3 tablespoons orange

juice

$\frac{1}{4}$ cup Crisco Oil

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using. Serve over **mixed fruit** or on **salad greens**.

About $\frac{2}{3}$ cup

Fresh Fruit Salad (opposite page)

8 cups of cut-up mixed fresh fruit such as: oranges, apples, bananas, pears, peaches, strawberries, grapes
Bibb lettuce

Line a large salad bowl with Bibb lettuce leaves. Fill salad bowl with fruit. Accompany with **Poppy Seed Fruit Salad Dressing** (see below).

6 to 8 servings

Poppy Seed Fruit Salad Dressing

$\frac{3}{4}$ cup sugar
 $1\frac{1}{2}$ teaspoons onion salt
1 teaspoon dry mustard

$\frac{1}{3}$ cup vinegar
1 cup Crisco Oil
1 tablespoon poppy seed

In a small bowl combine sugar, salt, and dry mustard. Stir in vinegar. Beat at medium speed while gradually adding Crisco Oil. Beat 5 to 10 minutes longer, until thickened. Add poppy seeds. Pour into a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using. Serve on **fresh fruit salads, grapefruit sections**, or on **lettuce wedges**.

About $1\frac{2}{3}$ cup

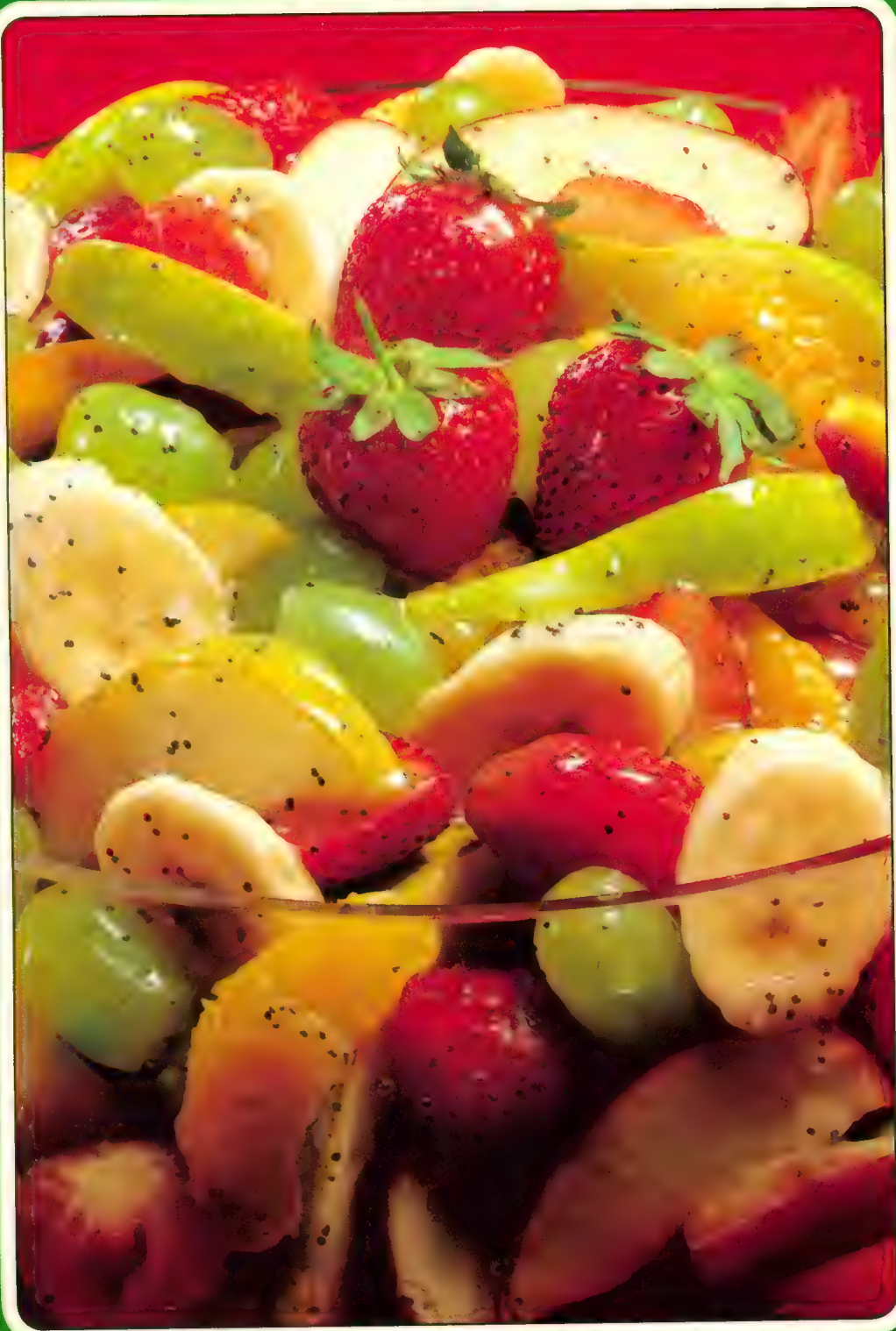
Pineapple Seabreeze Salad

1 can (30 ounces) pineapple chunks
Tomato Soup French Dressing (page 24)
2 cups shredded iceberg lettuce
Crisp romaine leaves

2 cups cooked deveined shrimp
2 cups grapefruit sections
1 cucumber, pared and sliced

Drain pineapple. Prepare and chill dressing. Thoroughly chill all salad ingredients. To assemble salad, line bottom of chilled salad bowl with shredded greens and put romaine around edge. Arrange pineapple, shrimp, grapefruit, and cucumber in the bowl. Serve with chilled Tomato Soup French Dressing.

6 servings



Empress Salad

Escarole

Watermelon chunks

Pear cubes (unpared)

Cucumber cubes (pared)

Wash and thoroughly chill salad ingredients before preparing the salad. Set out a salad bowl. Tear escarole into pieces. Prepare watermelon, pear, and cucumber cubes, using as much as desired of each. Place the fruit and cucumber cubes in the salad bowl with the escarole. Serve with **French Dressing** (see opposite page).



• FRENCH DRESSING •

$\frac{3}{4}$ cup Crisco Oil
 $\frac{1}{4}$ cup lemon juice or
cider vinegar
1 tablespoon sugar
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon
paprika
 $\frac{1}{4}$ teaspoon
dry mustard
 $\frac{1}{4}$ teaspoon
pepper

Combine the
above ingredients
in a screw-top jar.
Cover tightly
and shake vigorously
to blend well. Store
covered in refrigerator.
Shake well before using.

About 1 cup



French Dressing Variations

The basic recipe for French Dressing on page 21 is just a start; it can be used to create any number of unusual variations, each with its own distinctive flavor. Some of the exciting possibilities are featured on the following pages.

Lorenzo French Dressing

Follow recipe for French Dressing. Add $\frac{1}{4}$ cup finely chopped watercress and 2 tablespoons chili sauce. Shake well.

Curried French Dressing

Follow recipe for French Dressing. Add $\frac{1}{4}$ teaspoon curry powder. Shake well.

Honey French Dressing

Follow recipe for French Dressing, but use lemon juice. Blend in $\frac{1}{2}$ cup honey and $\frac{1}{4}$ teaspoon grated lemon peel. For added flavor, add $\frac{1}{2}$ teaspoon celery seed and shake well.

Honey-Lime French Dressing

Follow recipe for French Dressing, but substitute lime juice for the lemon juice or vinegar. Blend in $\frac{1}{2}$ cup honey and $\frac{1}{4}$ teaspoon grated lime peel. Shake well.



Fruit Juice French Dressing

Follow recipe for French Dressing, but substitute **orange** or **pineapple juice** for the lemon juice or vinegar, or use 2 tablespoons of each fruit juice.

Anchovy French Dressing

Follow recipe for French Dressing, except use **lemon juice**, omit salt, and add **4 minced anchovy fillets**. Shake well.

Olive French Dressing

Follow recipe for French Dressing. Add **½ cup chopped stuffed olives**. Shake well.

Creamy French Dressing

Follow recipe for French Dressing. Add **¼ cup dairy sour cream**. Shake well.

Garlic French Dressing

Follow recipe for French Dressing. Cut **1 clove garlic** in half; add to completed dressing. Chill dressing 12 hours to allow flavors to blend. Remove garlic before serving, or when flavor of dressing is sufficiently strong. Shake well.



Left to right: Anchovy French Dressing, Olive French Dressing, Creamy French Dressing.

Chiffonade French Dressing

Follow recipe for French Dressing. Add **2 tablespoons finely chopped ripe olives** and **4 teaspoons finely chopped parsley**. Shake well.

(upper left)

Vinaigrette French Dressing

Follow recipe for French Dressing. Add **2 tablespoons finely chopped dill pickle**, **2 teaspoons chopped chives**, and **1 hard-cooked egg, chopped**. Shake well.

(upper right)

Roquefort French Dressing

Follow recipe for French Dressing. Blend together until smooth **3 ounces (about $\frac{3}{4}$ cup) crumbled Roquefort cheese** and **2 teaspoons water**. Add dressing slowly to cheese, blending after each addition.

(lower left)

Tomato Soup French Dressing

Follow recipe for French Dressing. Add **$\frac{2}{3}$ cup (about one half of a 10½ to 11-ounce can) condensed tomato soup**, **1 tablespoon chopped onion**, and **$\frac{1}{2}$ teaspoon marjoram**. Shake well.

(lower right)



Aromatic French Dressing

$\frac{2}{3}$ cup Crisco Oil	$\frac{1}{2}$ teaspoon dry mustard
$\frac{1}{4}$ cup lemon juice	$\frac{1}{2}$ teaspoon oregano
2 tablespoons water	$\frac{1}{2}$ teaspoon paprika
2 tablespoons ketchup	3 drops of Tabasco
1 teaspoon sugar	Few pepper grains
1 teaspoon salt	1 clove garlic
1 teaspoon aromatic bitters	1 very small onion

Combine the above ingredients except the garlic and onion in a screw-top jar. Cut into halves and put into the jar the garlic and onion. Cover jar tightly and shake well. Store covered in refrigerator. Shake well before using.

Note: Remove and discard garlic and onion halves before serving, or when flavor of dressing is sufficiently strong.

About 1 cup

Tarragon French Dressing

$\frac{3}{4}$ cup Crisco Oil	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup Tarragon vinegar	1 clove garlic, halved
1 teaspoon sugar	$\frac{1}{4}$ teaspoon Worcestershire sauce
$\frac{3}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon thyme
$\frac{1}{4}$ teaspoon paprika	
$\frac{1}{4}$ teaspoon dry mustard	

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

1 cup

• MAIN-DISH SALADS •



Chef's Salad Deluxe

1 head lettuce, torn into
bite-size pieces
1 cup cooked chicken or
turkey, cut into thin
strips
1 cup thin strips of ham
2 ounces Swiss cheese,
cut into thin strips

2 tomatoes, cut into
wedges
1 green pepper, cut
into rings
3 hard-cooked eggs,
quartered
 $\frac{1}{2}$ cup croutons

On a bed of lettuce arrange chicken, ham, cheese strips, and tomato wedges. Top with green pepper rings. Sprinkle with croutons and pour **Deluxe Creamy Dressing** (see below) over all.

6 to 8 servings

Deluxe Creamy Dressing

$\frac{3}{4}$ cup Crisco Oil
2 tablespoons
wine vinegar
1 teaspoon garlic salt
 $\frac{1}{2}$ teaspoon pepper

$\frac{1}{4}$ cup Roquefort or
blue cheese
1 tablespoon grated onion
3 tablespoons cream

Combine Crisco Oil, vinegar, garlic salt, and pepper in deep bowl until thoroughly blended. Mash cheese with grated onion, then mix in cream. Combine oil and cheese mixtures. Beat until thoroughly blended. Store in refrigerator. (This dressing will harden in the refrigerator but softens at room temperature.)

About $1\frac{1}{2}$ cups

Green Salad Bowl with Tuna

- | | |
|---|--|
| 1 package (10 ounces)
frozen lima beans | ½ pound fresh spinach,
washed and dried |
| 1 package (9 ounces)
frozen cut green beans | 1 head Boston lettuce |
| 1 package (9 ounces)
frozen artichoke hearts | 3 green onions including
tops, sliced |
| 3 cans (6½ or 7 ounces
each) tuna, drained | 3 ounces blue cheese,
crumbled |
| 1 cup Vinaigrette
Dressing (see below) | |

Cook frozen vegetables following package directions; drain if necessary. Pour Vinaigrette Dressing over vegetables and tuna in separate bowls. Cool and toss occasionally; cover and chill in refrigerator. Reserve some spinach leaves for lining bowl. Tear remaining spinach and lettuce into pieces and put into a large salad bowl with onions, green beans, and cheese. Line edge of bowl with reserved spinach. Top with lima beans, artichoke hearts, and tuna.

Note: If desired, add tomatoes, onion, and cucumbers.

About 8 servings

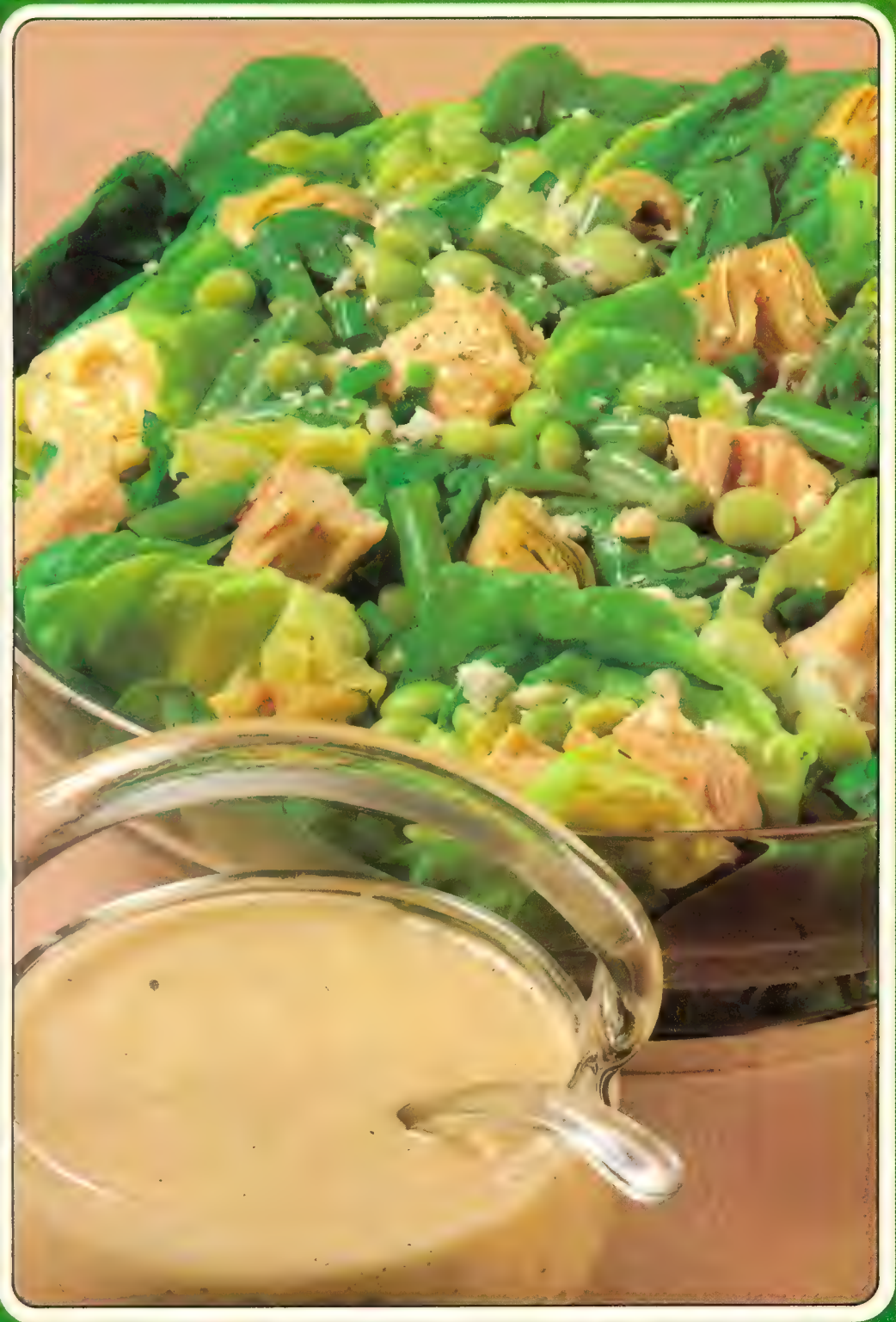
Vinaigrette Dressing

- | | |
|---------------------------------|-------------------------------|
| ¾ cup Crisco Oil | ¼ teaspoon pepper |
| ¼ cup white wine vinegar | 1 teaspoon dry mustard |
| 1½ teaspoons seasoned | ¼ teaspoon oregano |
| salt | ¼ teaspoon basil |

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

Pour over **sliced tomatoes, onions, and cucumbers on lettuce.**

About 1 cup



Caesar Salad

1 clove garlic, halved
 $\frac{3}{4}$ cup Crisco Oil
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
1 tablespoon Worcestershire sauce
2 cups toasted croutons

Romaine lettuce, about
3 quarts bite-size pieces
 $\frac{1}{4}$ cup Parmesan cheese
3 tablespoons lemon juice
2 tablespoons vinegar
1 egg, slightly beaten
10 to 12 anchovy fillets

Let garlic stand in Crisco Oil for several hours. Remove garlic. Combine $\frac{1}{2}$ cup Crisco Oil, salt, pepper, and Worcestershire sauce. Heat the other $\frac{1}{4}$ cup Crisco Oil and stir in the toasted croutons; set aside.

Sprinkle bite-size pieces of lettuce with Parmesan cheese. Combine lemon juice, vinegar, and Crisco Oil mixture and pour over greens. Add egg to seasoned greens. Gently turn and toss salad until greens are coated with dressing and no trace of egg remains. Add croutons and toss lightly. Top with anchovy fillets. Serve at once.

Note: For a main-dish salad, add **$1\frac{1}{2}$ cups cooked roast beef strips, 1 cup cherry tomatoes, and 1 medium onion**, separated into rings.



6 servings

Macaroni-Frank Salad Bowl

2 cups (8-ounce package) macaroni	2 cups curly endive pieces
1 cup dairy sour cream	1 cup diced celery
¼ cup French Dressing (see page 21)	¼ cup thinly sliced radishes
½ teaspoon salt	¼ cup sliced green onions
2 medium tomatoes	2 frankfurters, sliced

Cook macaroni according to package instructions. Blend hot macaroni with sour cream, French Dressing, and salt. Place in refrigerator to chill thoroughly.

Rinse, peel, and cut into wedges the tomatoes. Set aside. Combine in a large salad bowl the endive pieces, celery, radishes, green onions, and sliced frankfurters. Add the macaroni mixture and tomato wedges to salad bowl and toss lightly.

6 to 8 servings





Greek-Style Lamb-and-Olive Salad

Herb Salad Dressing
(see below)

1½ pounds cooked roast lamb, trimmed of fat and cut in strips
Curly endive

1 large cucumber, pared and sliced
4 medium tomatoes, quartered
1 cup pitted ripe olives

Prepare Herb Salad Dressing. Pour the dressing over cooked lamb in a bowl, cover, and marinate in refrigerator at least 1 hour, or until thoroughly chilled. To serve, arrange curly endive in a large salad bowl. Toss cucumber, tomatoes, and olives with some of the dressing and turn into salad bowl. Spoon meat over vegetables and pour more dressing over all.

6 servings

Herb Salad Dressing

½ cup Crisco Oil
2 tablespoons minced onion
1 tablespoon Parmesan cheese
2 teaspoons salt
½ teaspoon Worcestershire sauce

½ teaspoon dry mustard
½ teaspoon basil
½ teaspoon oregano
½ teaspoon sugar
Freshly ground black pepper
¼ cup red wine vinegar
1 tablespoon lemon juice

Blend all ingredients except red wine vinegar and lemon juice in blender for 30 seconds. Add vinegar and lemon juice and blend another 30 seconds. Pour into a screw-top jar. Store covered in refrigerator. Shake well before using.

About 1 cup

Green Goddess Salad with Crab Meat

Salad greens, such as lettuce, curly endive, or escarole

**2 cans (6½ ounces each) crab meat
(about 2⅔ cups, drained)**

Green Goddess Salad Dressing (see below)

Rinse, discard bruised leaves, drain, and dry salad greens. Using as much loose green as desired, tear into pieces enough greens to yield about 2 quarts. Drain crab meat, remove and discard bony tissue, and separate. Lightly toss crab meat with salad greens. Put into a large plastic bag or vegetable freshener. Chill in refrigerator.

When ready to serve, turn salad greens into a chilled bowl. Add Green Goddess Salad Dressing and gently turn and toss until greens are evenly coated. Serve immediately.

6 to 8 servings

Green Goddess Salad Dressing

**1 cup Mayonnaise
(see page 18)**

½ cup dairy sour cream

**3 tablespoons
tarragon vinegar**

1 tablespoon lemon juice

**⅓ cup finely chopped
parsley**

**3 tablespoons finely
chopped onion**

**3 tablespoons mashed
anchovy fillets**

**1 tablespoon chopped
chives**

**2 teaspoons chopped
capers**

**1 clove garlic, crushed
in a garlic press
or minced**

⅛ teaspoon salt

⅛ teaspoon pepper

Blend the ingredients thoroughly. Chill in refrigerator 3 to 4 hours. Serve on Green Goddess Salad (see above).

About 2½ cups



Macaroni-Salmon Salad

4 cups cold cooked
macaroni

1 cup shredded Cheddar
cheese

$\frac{1}{3}$ cup chopped green
pepper

$\frac{1}{4}$ cup finely chopped
onion

$\frac{1}{4}$ cup sliced stuffed
green olives

2 tablespoons chopped
parsley

$\frac{1}{2}$ cup flaked salmon

Combine all ingredients. Fold in **Tangy Dressing** (see opposite page). Chill in refrigerator.

8 to 10 servings



Tangy Dressing

- | | |
|---|--|
| 1 teaspoon garlic salt | 1 teaspoon dry mustard |
| 1 teaspoon sugar | $\frac{1}{4}$ cup vinegar |
| 1 teaspoon paprika | $\frac{3}{4}$ cup Crisco Oil |
| $\frac{1}{8}$ teaspoon pepper | |

Combine all ingredients except Crisco Oil in a screw-top jar. Add Crisco Oil and shake vigorously. Store covered in refrigerator. Shake well before using.

About 1 cup

Chicken Salad with White Wine Dressing

- | | |
|---|--|
| White Wine Dressing
(see page 10) | $\frac{1}{4}$ cup plain yogurt |
| 2 cups coarsely chopped cooked chicken | $1\frac{1}{2}$ teaspoons lemon juice |
| $\frac{1}{4}$ cup toasted blanched almonds, chopped | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup chopped celery | $\frac{1}{8}$ teaspoon ground pepper |
| 2 teaspoons capers, chopped | Lettuce cups |

Prepare White Wine Dressing, following directions on page 10. Pour dressing over chicken and allow to marinate about 1 hour; drain chicken thoroughly. Combine marinated chicken, almonds, celery, and capers in a bowl. Mix yogurt, lemon juice, salt, and pepper; add to bowl and toss lightly until thoroughly mixed; chill. To serve, spoon salad into lettuce cups.

About 4 servings

COMBINATIONS FOR GREEN SALAD BOWLS

Greens, in their many varieties, are the featured ingredients in tossed salads, and form the background for other kinds of salads. Here are a number of interesting and pleasing combinations. Where lettuce is specified, try different varieties such as Boston, Bibb, iceberg, leaf lettuce, and so on, for different taste treats.



Lettuce, chicory, uncooked spinach, chives.

Romaine, watercress, parsley.

Lettuce, escarole, chicory, chives.

Romaine, lettuce, watercress, sliced green pepper.

Lettuce, escarole, romaine, pearl onions.

Lettuce, basil, parsley, thyme.

**Tomato sections and cucumber slices;
chopped hard-cooked eggs may be added.**



• SALAD DRESSINGS •



Avocado Dressing (lower left)

1 medium-size ripe avocado	2 tablespoons minced onion
$\frac{1}{2}$ cup Crisco Oil	$\frac{1}{2}$ teaspoon salt
2 tablespoons lemon juice	1 drop of Tabasco
	Few grains white pepper

Cut avocado in half lengthwise: gently twist to separate. Remove seed. Remove skin and cut fruit into pieces. Force avocado pieces through a sieve or food mill into a bowl. Add Crisco Oil very gradually while beating constantly. Continue beating while adding gradually the lemon juice. Blend in the other ingredients. Chill in a screw-top jar in the refrigerator. Serve the same day. Shake well before using.

About 1 cup

Burgundy Wine Dressing (lower right)

$\frac{3}{4}$ cup Crisco Oil	1 teaspoon salt
$\frac{1}{4}$ cup Burgundy or other dry red wine	$\frac{1}{2}$ teaspoon dry mustard
1 tablespoon sugar	$\frac{1}{2}$ cup ketchup
	1 clove garlic, sliced

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using. Serve on **tossed salad greens**.

About $1\frac{1}{2}$ cups

Chutney Salad Dressing (center)

$\frac{1}{2}$ cup Crisco Oil	$\frac{1}{4}$ teaspoon nutmeg
3 tablespoons cider vinegar	$\frac{1}{2}$ clove garlic, crushed in a garlic press or minced
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup chutney

Combine the ingredients, except chutney, in a screw-top jar. Finely chop (if large pieces are present) and add chutney. Cover jar tightly and shake well. Store covered in refrigerator. Shake well before using.

About $1\frac{1}{4}$ cups



Dressing for Vegetable Salads

- | | |
|---|----------------------------------|
| $\frac{1}{2}$ cup Crisco Oil | $1\frac{1}{4}$ teaspoons paprika |
| $\frac{1}{2}$ cup undiluted evaporated milk | 1 teaspoon dry mustard |
| 3 tablespoons cider vinegar or lemon juice | $\frac{1}{2}$ teaspoon salt |
| 4 teaspoons sugar | $\frac{1}{8}$ teaspoon pepper |
| | 1 teaspoon grated onion |

Combine all ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

About $1\frac{1}{4}$ cups

Horseradish Sour Cream Dressing

- | | |
|---------------------------|-------------------------------------|
| 3 tablespoons Crisco Oil | 1 teaspoon salt |
| 2 tablespoons horseradish | $\frac{1}{2}$ teaspoon paprika |
| 1 tablespoon wine vinegar | $\frac{1}{2}$ teaspoon onion flakes |
| 1 tablespoon sugar | 1 cup dairy sour cream |
| 1 teaspoon dill seed | |

Combine all ingredients except sour cream. Stir in sour cream and chill. Serve on **vegetable salads**.

About $1\frac{1}{2}$ cups

Poppy Seed Mustard Dressing

- | | |
|---------------------------------|------------------------------|
| $\frac{1}{4}$ cup honey | 4 teaspoons grated onion |
| $\frac{1}{4}$ cup cider vinegar | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons prepared mustard | $\frac{2}{3}$ cup Crisco Oil |
| 2 tablespoons poppy seed | |

In a small bowl combine all ingredients except Crisco Oil. Mix well with rotary beater. Add Crisco Oil very gradually while beating constantly. Continue beating until mixture is of desired consistency. Pour into a screw-top jar and chill thoroughly covered in refrigerator. Shake well before using.

About $1\frac{1}{3}$ cups

Extra-Special Anchovy Dressing

1 can (2 ounces)
anchovy fillets
 $\frac{1}{3}$ cup Crisco Oil
1 clove garlic, halved
 $\frac{1}{2}$ cup evaporated milk
3 tablespoons
cider vinegar

1 teaspoon lemon juice
1 teaspoon finely
chopped chives
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{8}$ teaspoon crushed
tarragon

Drain the can of anchovy fillets. Set aside anchovy oil in a 1-cup measuring cup and add to this the Crisco Oil. Pour into a screw-top jar. Add the garlic. Mash the anchovy fillets and add to oil in jar with all the other ingredients. Cover tightly and shake well. Set in the refrigerator about 2 hours to chill and to allow flavors to blend. Remove the garlic halves. Store covered in refrigerator. Beat or shake well before using.

About $1\frac{1}{4}$ cups

Citrus Salad Dressing

1 medium-size green
pepper
1 medium-size onion
 $\frac{1}{3}$ cup orange juice
 $\frac{1}{4}$ cup Crisco Oil
3 tablespoons lemon juice

2 tablespoons
cider vinegar
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
1 clove garlic, halved

Use a fine blade of food chopper or food processor to chop the green pepper and onion. Combine in a screw-top jar with the remaining ingredients. Cover jar tightly and shake well. Store covered in refrigerator. Shake well before using.

Note: Remove and discard garlic halves before serving or when flavor of dressing is sufficiently strong.

About $1\frac{1}{2}$ cups



Mild Garlic Marinade (upper left)

¼ cup Crisco Oil
3 tablespoons wine vinegar
⅓ cup tomato juice
1 teaspoon salt

1 teaspoon paprika
½ teaspoon black pepper
2 cloves garlic

Combine all ingredients in a screw-top jar and chill for several days in refrigerator. Remove garlic cloves and shake well before using.

About ¾ cup

Marinated Mushrooms (upper right)

Add **2 pounds very small mushrooms** to Mild Garlic Marinade. Marinate for several days in refrigerator. Stir or shake occasionally. Marinated mushrooms may be used as an appetizer, added to salads, or used as a garnish. Use Marinade as a salad dressing on **fresh crisp greens**.

Rum-Flavored Dressing (lower right)

3 tablespoons Crisco Oil
4 teaspoons lime juice
4 teaspoons rum

2 teaspoons brown sugar
¼ teaspoon salt
Few grains pepper

Combine all the ingredients in a screw-top jar. Cover tightly and shake vigorously to blend well. Store covered in refrigerator. Shake well before using.

About ⅓ cup

Yogurt Dressing (lower left)

2 teaspoons Dijon mustard
½ teaspoon freshly ground pepper
Salt if desired

½ cup Crisco Oil
2 tablespoons wine vinegar
½ cup plain low-fat yogurt

Combine all ingredients except yogurt. Blend well. Add yogurt and beat for about 2 minutes until thoroughly combined. Store covered in refrigerator.

1 cup



WHAT TO SERVE WITH YOUR SALADS

Salads can be made still more delicious by serving them with tempting finger foods. Often these are crisp and crunchy: Melba toast, rye wafers, breadsticks, hot crusty rolls or bread, plain or flavored potato chips, corn chips, pretzel sticks, assorted crackers, cheese pastry straws. Another flavorful finger food is made by sprinkling thin slices of party rye bread with seasoned salt and oven-toasting them until crisp and slightly browned.

Or, for a complete and satisfying meal, accompany that perfect duo, salad and its dressing, with a hearty bowl of soup and a delectable dessert.



• NOTES •

If you love salads, you'll love this book!

It contains over 60 pick-of-the-crop recipes for a wide variety of salads and salad dressings.



Complete with helpful tips on preparation and serving suggestions, this book has everything for the salad lover. You'll find all the old family favorites here, plus a lot of new ones. Brought to you by Crisco Oil—the pure vegetable oil that doesn't have a heavy, oily taste.



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